

14-DAY DIABETES MENU • 1800 Calories per day • WEEK ONE

	EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 meat	1 poached egg & 1 oz. canadian bacon ○ (1 extra meat)	3 slices turkey bacon ○	¼ cup egg substitute	1 oz. mozzarella stick	1 oz. low-fat cheese	1 oz. egg omelet with mushroom & green pepper	4 ½ tsp peanut butter
	4 carbohydrates: starch, fruit or milk	1 english muffin 1 cup baked home-fried potatoes	2-4" low-fat waffles 2 tbsp lite syrup 1 cup skim milk	2 low-fat biscuits ○ 1 cup skim milk ½ cup peaches in lite syrup	1 cup bran flake/ raisin cereal 1 cup skim milk	1 cup oatmeal 2 tbsp raisins 1 cup skim milk	2 slices rye toast 1 ½ tbsp fruit spread 1 cup sugar-free hot cocoa	1 regular or low-fat granola or snack bar; 6 oz. low-fat yogurt with fruit
	1 fat	1 fat in the potatoes	1 tbsp low-fat margarine	1 fat in the biscuits	6 almonds	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 fat in peanut butter
	free foods	2 tbsp hollandaise sauce		2 tsp lite jam or jelly		cinnamon	¼ cup salsa	
LUNCH	2 meats	2 oz. low-fat cheese ○ for sandwich	2 meats in tacos	1 veggie patty	1 hot dog ○ 1 meat from baked beans	2 oz. grilled chicken for salad	½ cup tuna fish salad for pita sandwich	2 oz. meatloaf for sandwich
	4 carbohydrates: starch, fruit or milk	grilled cheese sandwich 2 slices whole wheat bread 1 ¼ cups watermelon, cubed 1 cup skim milk	2 chicken soft-shell tacos ○ 17 grapes 1 cup skim milk	1 hamburger bun 1 small pear 1 carbohydrate in veggie patty	1 hot dog bun ½ cup baked beans 2 chocolate chip cookies (2 ¼ " across)	1 slice whole wheat bread 6 oz. low-fat yogurt with fruit ½ cup mandarin oranges in lite syrup	1 whole wheat pita with lettuce, tomato & onion 10 low-fat potato chips ¾ cup blueberries	2 slices whole wheat bread 1 mango
	2 vegetables	2 cups assorted fresh vegetables	2 cups tossed salad	1 cup cooked green beans	1 cup cooked summer squash	2 cups tossed salad	1 cup cucumbers marinated in sour cream	1 cup cooked asparagus sliced onion for sandwich
	2 fats	2 tbsp low-fat salad dressing 1 fat in grilled cheese sandwich	2 fats in tacos	1 tbsp low-fat margarine 1 tbsp low-fat mayonnaise	2 fats in the cookies	2 tbsp low-fat salad dressing 1 tbsp sunflower seeds	1 fat in the tuna fish salad 1 fat in the sour cream	2 tbsp low-fat margarine
	free foods		1 tbsp taco sauce & 2 tbsp fat-free italian dressing	1 tbsp mustard/catsup	1 tbsp mustard/catsup 1 tbsp pickle relish	1 tbsp fat-free margarine	½ cup diet gelatin 1 tbsp whipped topping	1 tbsp catsup
DINNER	3 meats	3 oz. grilled steak	3-1 oz. meatballs	3 oz. baked salmon	3 oz. roast beef	3 oz. roast pork	9 grilled shrimp (plain, cajun or blackened)	3 oz. baked chicken
	4 carbohydrates: starch, fruit or milk	½ large baked potato 1 slice whole wheat bread 1 kiwi	1 ½ cups spaghetti & marinara sauce ○ 1 slice italian bread	1 cup wild rice 1 cup skim milk 1 cup cantaloupe, cubed	¾ cup oven-roasted potatoes 1 small dinner roll ½ cup mixed fruit in lite syrup	1 cup scalloped potatoes 1 small corn on the cob ½ cup sliced apples	1 cup brown rice ½ cup pineapple in lite syrup	⅔ cup bread stuffing 1 small dinner roll 1 cup skim milk
	2 vegetables	½ cup sautéed mushrooms ½ cup cooked beets	1 cup cooked italian green beans	1 cup cooked brussels sprouts	1 cup cooked carrots & onions	1 cup mixed vegetables (without corn, peas or pasta)	1 cup roasted green & red pepper with onion	1 cup cooked broccoli
	2 fats	1 tbsp low-fat margarine 3 tbsp low-fat sour cream	2 tbsp low-fat margarine	2 tbsps low-fat margarine	2 tbsp low-fat margarine	2 fats in the potatoes	2 tbsp low-fat margarine	2 fats in the stuffing
	free foods	1 tbsp steak sauce	1 tbsp parmesan cheese	lemon juice	horseradish	1 tbsp fat-free margarine	lemon juice	1 tbsp fat-free margarine
SNACK	1 meat	1 tbsp peanut butter	¾ oz. unsalted soy nuts	1 oz. low-fat cheese	¼ cup low-fat cottage cheese	1 oz. turkey	1 oz. low-fat cheese	¼ cup tuna fish salad
	1 carbohydrate	6 butter-type crackers	3 cups buttered popcorn	1 slice whole wheat bread	½ cup peaches in lite syrup	1 slice whole wheat bread	6 butter-type crackers	½ whole wheat pita bread
	1 fat	1 fat in the crackers	1 fat in the popcorn	1 tbsp low-fat margarine	6 whole cashews	1 tbsp low-fat mayonnaise	1 fat in the crackers	1 fat in the tuna fish salad
	free foods	2 tsp lite jam or jelly						

The portions sizes are based on The American Diabetes Association/The American Dietetic Association, "Choose your Foods: Exchange Lists for Diabetes", 2008; <http://eatright.org/ada/files/fats.pdf>. Page 2, accessed 2/24/09.

FOR ALL MEALS - FREE CONDIMENTS: SALT, SALT SUBSTITUTE, PEPPER, SUGAR SUBSTITUTE • FREE BEVERAGES: COFFEE, TEA, WATER, DIET SOFT DRINK
○ High in Sodium: 480 mg or more per serving. 600 mg or more per serving of combination foods or casseroles.

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14-DAY DIABETES MENU • 1800 Calories per day • WEEK TWO

		EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 meat		1 scrambled egg	2 turkey sausage links ○	1 oz. mozzarella stick	3 slices turkey bacon ○	1 poached egg	1 oz. low-fat sausage patty ○	¼ cup low-fat cottage cheese
	4 carbohydrates: starch, fruit or milk		2 slices of whole wheat toast ½ banana 1 cup skim milk	2-4" pancakes ¾ cup blueberries 2 tbsp lite syrup	1 ½ cup unsweetened, ready-to-eat cereal 1 cup skim milk 1 ¼ cup strawberries	2 slices french toast 2 tbsp lite syrup 12 fresh cherries	1 english muffin 1 cup raspberries 1 cup skim milk	½ large bagel 1 cup skim milk ½ grapefruit	½ cup peaches in lite syrup 1-1" slice banana nut bread 1 cup skim milk
	1 fat		1 tbsp low-fat margarine	1 tbsp low-fat margarine	6 almonds	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp cream cheese	1 fat in the banana nut bread
	free foods		2 tsp lite jam or jelly			cinnamon	2 tsp lite jam or jelly		1 tbsp fat-free margarine
LUNCH	2 meats		2 oz. turkey for the submarine sandwich	½ cup chicken salad	2 meats in the frozen entrée	2 oz. turkey for sandwich	1 cup chicken or shrimp with vegetables in sauce ○	½ cup egg salad for sandwich	2 oz. hamburger ○
	4 carbohydrates: starch, fruit or milk		1-6" turkey, whole wheat submarine sandwich ○ 15 fat-free tortilla chips	2 slices whole wheat bread 10 low-fat potato chips ¾ cup fresh pineapple	10-11 oz. frozen entrée ○ (less than 340 calories) ½ papaya	1 whole wheat pita bread 3 ginger snaps ½ cup apricots in lite syrup	1 egg roll, meat ○; ½ cup meatless fried rice; 1 fortune cookie; 1 carb in veg. sauce	2 slices whole wheat bread 1 cup vegetable soup ○ 1 small pear	1 hamburger bun ½ cup potato salad ○
	2 vegetables		1 whole tomato, sliced	8 oz. tomato juice ○	1 cup cooked cauliflower	1 cup cooked green beans Sliced tomato, lettuce	1 cup cooked broccoli	2 cups tossed salad	½ cup sauteed mushrooms 1 whole tomato, sliced
	2 fats		2 fats in the submarine sandwich	1 fat in the chicken salad 1 fat in the potato chips	2 tbsp low-fat margarine	1 tbsp low-fat margarine 1 tbsp low-fat mayonnaise	1 fat in the vegetable sauce 1 ½ fats in the fried rice	2 tbsp oil & vinegar dressing	2 fats in the potato salad
	free foods		1 tbsp mustard		lemon juice	1 ½ medium dill pickle ○	1 tbsp lite soy sauce ○ 2 tsp sweet & sour sauce		1 tbsp mustard/catsup
DINNER	3 meats		3 oz. broiled or grilled pork chop	3 meats in the lasagna	3 oz. BBQ chicken	3 meats in macaroni & cheese	3 oz. meatloaf	3 oz. baked or broiled fish	2 slices thin-crust meat pizza ○
	4 carbohydrates: starch, fruit or milk		1 medium sweet potato 1 small dinner roll ½ cup unsweetened applesauce	1 ½ cups lasagna ○ 1 small slice garlic bread	½ large baked potato 1-1 ¾" cube corn bread ½ cup mandarin oranges in lite syrup	1 ½ cups macaroni & cheese ○ 1 slice rye bread	1 cup mashed potatoes ½ cup beef gravy ○ ½ cup apple slices ½ cup skim milk	1 cup oven-baked fries ½ cup coleslaw 1 small dinner roll 17 grapes	2 slices = 4 meats 4 carbs, 3 fats (This is a treat. You are getting one extra meat and fat)
	2 vegetables		1 cup cooked spinach	1 cup cooked asparagus	1 cup cooked broccoli	1 cup stewed tomatoes ○	1 cup cooked carrots	1 cup cooked summer squash	2 cups tossed salad
	2 fats		2 tbsp low-fat margarine	1 tbsp low-fat margarine 1 fat in the garlic bread	1 tbsp low-fat margarine 1 fat in the corn bread	2 tbsp low-fat margarine	2 fats in the mashed potatoes	1 ½ tsp low-fat margarine 1 ½ fats in the coleslaw	3 fats in the pizza
	free foods		vinegar		1 tbsp fat-free sour cream			lemon juice	2 tbsp fat-free italian dressing
SNACK	1 meat		1 oz. turkey	4 ½ tsp peanut butter	¾ oz. unsalted soy nuts	½ cup hummus	1 oz. low-fat cheese	1 tbsp almond butter or peanut butter	1 oz. cheese sauce
	1 carbohydrate (carb)		1 slice whole wheat bread	3 graham cracker squares	½ cup sugar-free ice cream	1 carb in hummus	3 cups buttered popcorn	5 whole wheat crackers	13 tortilla chips
	1 fat		1 tbsp low-fat mayonnaise	1 fat in the peanut butter	1 fat in the ice cream	6 mixed nuts	1 fat in the popcorn	1 fat in the crackers	1 fat in the tortilla chips
	free foods			2 tsp lite jam or jelly	2 tbsp sugar-free syrup	5 baby carrots & celery sticks			

○ High in Sodium: 480 mg or more per serving. 600 mg or more per serving of combination foods or casseroles.

This menu does not replace an individualized meal plan by a registered dietitian. To find a registered dietitian or certified diabetes educator in your area, call 1-800-832-6874.

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